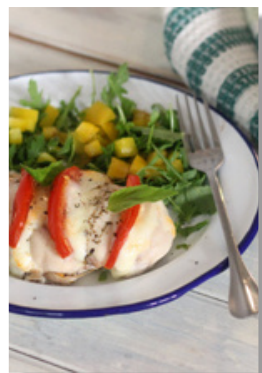




THE NOURISHMENT ACADEMY

DINNERS

2024 Edition



Courgetti carbonara



2 egg yolks 2 tbsps crème fraîche or plain yoghurt (use dairy free if preferred) a pinch of sea salt and ground black pepper 2 tbsps parmesan, finely grated (use dairy free if preferred) 1 tsp coconut oil 1 garlic clove, crushed or finely chopped 100g cooked ham, chopped (optional) 400g courgettes, spiralised (or cut into ribbons with a potato peeler a sprinkle of fresh parsley, finely chopped

Whisk the egg yolks, crème fraîche, salt, pepper and parmesan in a bowl.

Heat the coconut oil in a frying pan over a medium heat. Add the garlic and cook for one minute.

Add the courgettes to the frying pan, stir well and cook for one minute. Add the ham and cook for one more minute.

Remove from the heat, add in the cream mixture and stir well to coat the courgette. Stir continuously, until the sauce is warmed through.

Serve garnished with fresh chopped parsley.

Consume immediately.

SERVES 2



PER SERVING:
276 Calories
10g Carbs
23g Protein
16g Fat



Garlic & herb roast chicken



2kg whole chicken (giblets removed)
2 tbsps olive oil
25g unsalted butter, at room temperature, cut into large pieces
1-2 tpsps sea salt, to taste
1-2 tpsps ground black pepper, to taste
4 garlic cloves, peeled and minced
1 head of garlic, peeled, half minced, half left whole
3 rosemary sprigs
1 lemon
2 tbsps parsley, finely chopped
1 tbps dried parsley
1 tsp dried thyme

SERVES 5

Preheat oven to 200°C /400 °F. Prepare a roasting dish. Using your hands, gently loosen the skin from the surface of the chicken. Start from the breast near the neck and move carefully over the surface of the chicken.

PER SERVING:
478 Calories
2g Carbs
68g Protein
22g Fat



Place the pieces of butter under the skin, distributing around the chicken. Drizzle the olive oil over the chicken. Season with salt and pepper. Sprinkle the minced garlic over the chicken.

Stuff the remaining garlic into the chicken cavity along with the rosemary sprigs. Pierce the lemon twice using a skewer and place in the chicken cavity.

Tie the legs together with twine. Place the chicken into the roasting dish. Roast for 1 hour 20 minutes, basting half way through cooking time.

At the end of cooking time, baste again and roast for 5 minutes. Remove from the oven, cover with foil and allow to stand for 10 minutes before serving. Pour the juices over the chicken. Serve.

Store any leftover chicken in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Halfway through cooking time, add some chopped root vegetables around the base of the chicken. Stir to cover in the juices



Slow cooker keema aloo



1 tsp ghee, butter or coconut oil
1 large onion, finely chopped
3 garlic cloves, finely chopped
600g 5% fat beef mince
500ml beef or chicken stock (made with one organic stock cube)
a pinch of sea salt and ground pepper
a thumb-sized piece of fresh ginger, finely grated
1 tsp ground turmeric
1/2 tsp ground cumin
1 tsp chilli powder
1 heaped tsp garam masala
1/2 tsp ground cinnamon
1 heaped tsp ground coriander
350g white potatoes, diced
1 large piece of cinnamon bark, broken into small pieces
10-15 curry leaves (optional)
1 ripe tomato, diced
4 green chillis, chopped
1 tbsp olive oil or butter
80g frozen peas

Melt the ghee/butter/oil in a large saucepan over a medium heat. Add the onion and sauté for 5-6 minutes, stirring occasionally until soft.

Add the garlic and fry gently for 2 minutes, stirring occasionally.

Add the beef mince and stir well. Cook for 6 minutes, breaking up finely using a wooden spoon.

Add everything else, except for the peas, and cook for 5 minutes, stirring occasionally.

Transfer the mixture to a slow cooker. Cover with a lid and cook on high for 4 hours or low for 7-8 hours.

Stir in the peas one hour before serving. Taste and add more seasoning, if required.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 6

PER SERVING:
284 Calories
19g Carbs
34g Protein
8g Fat



Chicken in a creamy leek sauce



1 heaped tsp ghee or coconut oil
2 x 200g chicken breasts
1/2 a medium-sized white onion, finely chopped
1 garlic clove, crushed
130g closed cup mushrooms, sliced
1 medium-sized leek, finely sliced
250ml chicken stock (made with one organic stock cube)
a pinch of sea salt and ground black pepper
a large handful of spinach leaves
30ml crème fraîche
1 tbsp fresh parsley, finely chopped

SERVES 2

Heat half of the ghee/oil in a frying pan over a medium heat. Add the chicken breasts and fry for 10 minutes, or until well browned on both sides. Transfer to a plate and set aside.

Add the remaining ghee/oil and fry the onion for 2–3 minutes, stirring occasionally until soft. Add the garlic and fry for 1–2 minutes, stirring occasionally. Add the mushrooms and leek and fry for 4–5 minutes, stirring occasionally.

Return the chicken to the pan and stir in the stock. Bring to the boil then reduce heat to simmer. Cover and cook for 10 minutes, or until the chicken is cooked.

Stir in the salt and pepper. Add the spinach and cook until wilted. Stir in the crème fraîche and parsley and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed rice or over toasted sourdough



PER SERVING:
399 Calories
17g Carbs
49g Protein
15g Fat



Warming chilli chocolate beef stew



1 tsp ghee or coconut oil
1 large white onion, chopped
2 cloves garlic, chopped
2 green or red chilli peppers, chopped
600g lean beef, diced
1 tbsp plain flour (use gluten free if preferred)
500ml beef stock (made with one organic stock cube)
400g tinned chopped tomatoes
1 tbsp tomato purée
1 tsp chilli powder
1 tsp paprika
1/2 tsp ground coriander
a pinch of sea salt and ground black pepper
1 tsp ground cumin
50g dark chocolate (minimum 70% cocoa)

Heat the ghee/oil in a large saucepan over a medium heat. Add the onion and fry gently for 4 minutes, stirring occasionally until translucent.

Add the garlic and chilli peppers and fry for 2 minutes, stirring frequently.

Add the beef and cook for 4-5 minutes, stirring until browned all over.

Add the flour and stir well to coat the beef.

Stir in the stock, tinned tomatoes, tomato purée and spices. Simmer gently, then cover and cook for one hour.

Add the chocolate and stir well. Cook for 10 minutes, or until the beef is tender. Add more stock or water during cooking time if the mixture sticks to the base of the pan. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 4

PER SERVING:
390 Calories
16g Carbs
59g Protein
10g Fat



Pan fried coconut & chilli fish with a spinach salad



300g halibut steaks or firm white fish

1 heaped tbsp desiccated coconut

1 tbsp plain flour (use gluten free if preferred)

lemon slices, to serve

2 tbsps coconut oil

for the salad:

a handful of spinach leaves

160g cucumber, diced

1 red bell-pepper, diced

1 vine-ripened tomato, finely diced

1 tbsp fresh coriander, finely chopped

a pinch of sea salt

2 tbsps fresh lemon juice

for the marinade:

1 red chilli pepper

1 tsp fresh ginger, peeled

a small bunch of fresh parsley

3 garlic cloves, peeled

2 tps white wine vinegar

1 tsp ground coriander

a pinch of sea salt and black pepper

Mix the salad ingredients in a bowl. Using a wooden spoon, pound the spinach leaves gently. Cover and refrigerate.

Meanwhile, place the marinade ingredients in a blender and blend well until smooth.

Place the fish in a bowl and pour over the marinade. Stir to coat the fish. Cover and refrigerate for 30 minutes (or longer if you have time).

Mix the coconut and flour together in a shallow based bowl. Add the fish and cover both sides in the mixture.

Melt the oil in a frying pan over a low heat. Add the fish and cook for 3 minutes. Avoid touching the fish while it cooks. Turn with a slice and cook for 3 minutes, or until the fish is cooked. Serve the fish over a bed of spinach salad.

Store any leftovers in an airtight container and refrigerate for up to 1 day.

SERVES 2

PER SERVING:

402 Calories

21g Carbs

39g Protein

18g Fat



Fragrant beef curry



- 2 tsps coconut oil**
- 3 medium-sized white onions, finely chopped**
- 6 garlic cloves, finely chopped**
- a thumb-sized piece of ginger, finely chopped**
- 3-5 green chillis (depending on desired level of heat)**
- 600g diced beef, visible fat removed**
- 1/2 tsp sea salt**
- 1/4 tsp ground black pepper**
- 1 heaped tsp madras powder**
- 1/2 tsp ground turmeric**
- 1 heaped tsp garam masala**
- 400g tinned chopped tomatoes**
- 2 large tomatoes, cut into segments**

Heat the oil in a large saucepan over a medium heat. Add the onions and fry for 4-5 minutes, stirring frequently.

Add the garlic, ginger and chillis and fry for 3 minutes, stirring frequently.

Add the beef and spices. Stir well.

Add the tinned and fresh tomatoes and stir well. Cover and cook for 40 minutes, or until the beef is tender. Stir occasionally during cooking time.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.

Serving suggestion:

Serve on a bed of steamed rice

SERVES 4



PER SERVING:
395 Calories
18g Carbs
56g Protein
11g Fat



Vietnamese broth



1 piece of cinnamon bark
1 star anise
1 small white onion, sliced
2 tsps fresh ginger or galangal, finely chopped
1 garlic clove, finely chopped
500ml beef or vegetable broth or stock
1 tbsp fish sauce (nam pla)
a pinch of sea salt and ground black pepper
1/2 tsp ground coriander
1/4 tsp allspice
300g sirloin steak, finely sliced (or substitute with chicken breast, sliced)
a handful of beansprouts
juice of 1 lime
60g ribbon or rice noodles
a small handful of fresh coriander, finely chopped

Place the cinnamon and star anise in a saucepan and toast over a medium/low heat for 1 minute, until fragrant.

Add the onion, ginger and garlic and fry gently for 4 minutes, stirring frequently until soft.

Add the stock, fish sauce, salt, pepper, ground coriander and allspice. Cover and simmer for 15 minutes, stirring occasionally.

Add the steak and simmer for 5 minutes, or until tender. Add the beansprouts and simmer for 1 minute. Squeeze in the lime juice. Taste and add more seasoning if required.

Cook the noodles according to packet instructions. Drain well and add to the broth.

Remove the cinnamon bark and star anise and discard. Serve garnished with fresh coriander.

SERVES 2

Store any leftovers in an airtight container and refrigerate for up to 3 days.

PER SERVING:
374 Calories
34g Carbs
46g Protein
6g Fat



Turkey tray bake



1kg turkey thigh joint, bone in
800g white potatoes, peeled and cut into large chunks
2 tbsps olive oil
250g Brussels sprouts, ends trimmed
1 medium-sized red onion, cut into wedges
250g parsnips, cut into batons
300g carrots, peeled and sliced or cut into batons
a few sprigs of roasting herbs (e.g. thyme, rosemary, sage)
a good pinch of sea salt and ground black pepper
10 cocktail sausages wrapped in bacon (optional)

SERVES 5



PER SERVING:
764 Calories
41g Carbs
69g Protein
36g Fat

Preheat oven to 200°C/400°F. Place the turkey in a large roasting tin. Cover with foil and cook for 1 hour 20 minutes.

Place the potatoes in a large saucepan of boiling water. Simmer gently for 8-10 minutes, until par-boiled. Drain well.

Pour the olive oil into the base of the roasting tin. Place the tin in the oven to heat up the oil. Tip the potatoes and the other vegetables into the hot oil. Stir gently to coat in the oil. Add the herbs, salt, pepper and sausages (if using).

Bake for 30 minutes. Remove the turkey from the tin and transfer to a plate. Cover loosely with foil and allow to rest for 15 minutes. Return the roasting tin to the oven and bake until the vegetables are golden.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

Serving suggestion:

Serve with cranberry sauce and gravy



Quick Chinese stir fry



1 tsp sesame oil
320g fresh chicken or turkey breast, diced
60g mushrooms (any variety), sliced
15ml Shaosing rice wine vinegar
1/2 tsp Chinese 5 spice
1 tbsp soy sauce or tamari
1/2 tsp garlic granules
a good pinch of sea salt and ground black pepper
1/2 -1 tsp ground red chilli flakes
200g vegetable stir fry mix
3 spring onions, finely chopped
100g (drained weight) tinned water chestnuts, drained well

Heat the oil in a wok or frying pan over a medium heat. Add the meat and cook for 4-5 minutes, stirring occasionally.

Add the mushrooms and fry for 3 minutes, stirring occasionally.

Add the rice wine vinegar, Chinese 5 spice, soy sauce, garlic granules, salt, pepper and chilli flakes. Stir well.

Add the stir fry vegetables, spring onions and water chestnuts. Stir-fry for 4-5 minutes, or until the vegetables are tender. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

Serving suggestion:

Enjoy on its own or serve with steamed rice or noodles of your choice.



PER SERVING:
380 Calories
13g Carbs
55g Protein
12g Fat



Easy cashew chicken



25g cashews

11/2 tps coconut oil

100g white onion, roughly chopped

300g mini chicken fillets, cut into bite-sized pieces

100g green bell-pepper, roughly chopped

3 spring onions, chopped

1/2 tsp ground ginger

1/2-1 tsp ground red chilli flakes

1 tsp garlic granules

a large pinch of sea salt and ground black pepper

1 tbsp Shaosing rice wine vinegar

2 tps soy sauce or tamari

2 tps sesame oil

a sprinkle of sesame seeds

Place a frying pan over a low heat. Add the cashews and toast gently for 2-3 minutes, stirring occasionally. Remove pan from heat and allow to cool.

Place the pan back over the heat. Add half of the oil and heat until melted. Add the onion and fry gently for 4-5 minutes, stirring frequently until softened.

Add the remaining oil and increase heat to medium/high. Add the chicken and cook for 6-8 minutes, stirring frequently until cooked thoroughly.

Add the bell-pepper, spring onions, ginger, chilli flakes, garlic granules, salt and pepper. Stir well and cook for 1 minute.

Add the rice wine vinegar, soy sauce and sesame oil. Cook for 3 minutes, stirring frequently. Add the cashews, and cook for 2 minutes, stirring frequently. Serve topped with sesame seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:

432 Calories

18g Carbs

54g Protein

16g Fat



Italian hasselback chicken



2 x 170g chicken breasts
2 small ripe tomatoes, thinly sliced and cut into halves
70g Mozzarella cheese, cut into thin discs
2 tps olive oil
1 tsp dried mixed herbs
a pinch of sea salt and ground black pepper
a few fresh basil leaves, to serve

Preheat oven to 200 °C/400°F. Line an ovenproof dish with foil.

Place the chicken breasts onto a chopping board. Make 3-4 deep incisions along the top of each chicken breast, approximately 1 1/2 cms apart, taking care not to cut all the way through the chicken.

Place a slice of tomato and Mozzarella disc into each incision. Transfer the chicken to the ovenproof dish.

Mix the oil, mixed herbs, salt and pepper in a jug. Drizzle over the chicken. Bake for around 25 minutes, or until the chicken is thoroughly cooked. Serve garnished with basil leaves.

Store any leftover chicken in an airtight container and refrigerate for up to 3 days.

Serving suggestion:

Serve with a big leafy salad or vegetables of your choice.



PER SERVING:
343 Calories
6g Carbs
46g Protein
15g Fat



Mongolian beef



30g corn starch or rice flour
300g beef flank steak, sliced into
1/2 inch thick pieces
30ml coconut or olive oil
1 tbsp fresh ginger, minced
1 tbsp fresh garlic, minced
30ml soy sauce or tamari
60ml cold water
30ml honey
4 spring onions, sliced

SERVES 2

Place the corn starch in a plastic food bag or sealable container. Add the steak pieces and shake gently, ensuring the pieces are well coated.

Heat the oil in a large frying pan over a medium/high heat. Add the steak pieces (in batches if preferred), gently shaking off any excess corn starch before placing them in the pan. Fry for 2 minutes on each side. Transfer the cooked steak to a plate and set aside.

Add the ginger and garlic to the frying pan and fry for 15 seconds or until fragrant.

Add the soy sauce, water and honey to the pan and bring to a boil.

Add the steak back into the pan, reduce heat and simmer for 30 seconds. The sauce will thicken as it cooks.

Stir in the spring onions and cook for one minute. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
309 Calories
15g Carbs
33g Protein
13g Fat

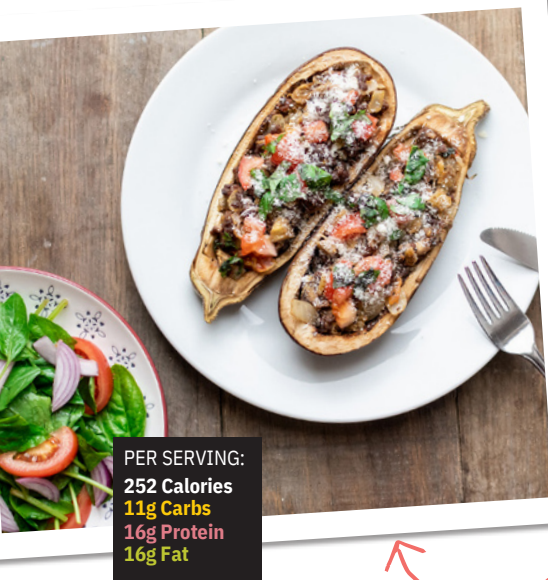


Stuffed aubergine



- 4 large aubergines**
- 3 tsps olive oil**
- 1 tsp sea salt**
- 1 large white onion, finely chopped**
- 250g lean lamb mince**
- 3 garlic cloves, finely chopped**
- 1 tsp dried thyme**
- ¼ tsp chilli flakes**
- 4 small ripe tomatoes, chopped**
- 1/2 tsp ground black pepper**
- 25g Pecorino cheese (optional), finely grated**
- 3 tbsps fresh basil leaves, thinly sliced**

SERVES 4



PER SERVING:
252 Calories
11g Carbs
16g Protein
16g Fat

Preheat oven to 200 °C/400 °F.

Slice each aubergine in half lengthways and scoop out the flesh. Dice the flesh and set aside. Place the aubergine halves in a large roasting dish, flat side facing up.

Brush the inside of the aubergines with a little olive oil and season with a little salt.

Heat 2 tsps olive oil in a pan. Add the onion and fry gently over a medium heat for 6 minutes, stirring occasionally.

Add the lamb mince and stir well, breaking up finely with a wooden spoon as it cooks.

Increase the heat, add the garlic and aubergine flesh. Stir until the flesh is lightly browned. Add the dried thyme, chilli flakes and tomatoes and season with salt and pepper. Stir well and reduce the heat. Cover and simmer for 10 minutes.

Spoon the mixture into the aubergine halves. Drizzle lightly with olive oil. Bake for 20 minutes. Sprinkle over the cheese (if using) and fresh basil and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



Veggie lasagne



4 medium-sized courgettes
2 tsps sea salt
300g ricotta cheese
1 egg
200g mature Cheddar cheese, grated
180g Mozzarella
3 tsbps fresh basil leaves, chopped
for the marinara sauce:
400g tinned chopped tomatoes
1 tbsp olive oil
1 medium-sized white onion, diced
3 garlic cloves, minced
2 tsps dried oregano
2 tsps sea salt

SERVES 4

Place the tinned tomatoes, olive oil, onion and garlic in a blender and blend until smooth. Add the oregano and salt and stir well. Taste and add more seasoning, if required.

Preheat oven to 220°C/440°F. Line 3 large baking trays with baking paper. Slice the ends off the courgettes, then cut into long, wide slices around ¾ inch thick.

Arrange the slices onto the baking trays and sprinkle with half of the salt. Turn the slices and add the remaining salt. Allow to rest for 10 minutes then remove any excess moisture by patting with kitchen roll.

Bake for 15 minutes. Remove from the oven then reduce the oven temperature to 180°C/350°F.

Place the ricotta and egg in a large bowl. Stir well to combine.

Pour one third of the marinara sauce into the base of a medium-sized rectangular oven dish. Spread evenly to cover the base. Add a layer of courgette, then one third of the ricotta. Sprinkle one third of the Cheddar and 1 tbsp fresh chopped basil over the top.

Add another layer of courgette, followed by one third marinara sauce, ricotta, Cheddar and basil. Repeat once more, with the remaining courgette slices, marinara sauce, and cheese. Bake for 45 minutes or until golden brown.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
516 Calories
32g Carbs
16g Protein
36g Fat



Cinnamon chicken



- 1 tbsp coconut oil**
- 1 medium-sized red onion, diced**
- 2 garlic cloves, finely chopped**
- 2 chicken legs, skin on**
- 1/2 tbsp allspice or baharat**
- 1 tsp paprika**
- 1 tsp ground cumin**
- 1 tsp sea salt**
- 1 tsp ground black pepper**
- 1/2 tbsp ground cinnamon**
- 3 tbsps tomato purée**
- 800ml recently boiled water**
- 1 tbsp fresh parsley, chopped**

SERVES 2

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4 minutes, stirring occasionally.

Add the garlic and fry for one minute, stirring occasionally.

Add the chicken legs and brown for 5 minutes, stirring occasionally.

Add the allspice, paprika, cumin, salt, black pepper, cinnamon and tomato purée and stir well. Add the water and bring to a boil.

Cover and simmer for one hour, or until the water has reduced. Stir well and add more water if required during cooking time.

Plate up the chicken either with or without the fried onions in garlic. Serve garnished with parsley.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with a mixed salad



PER SERVING:

366 Calories
14g Carbs
28g Protein
22g Fat



Beef & lentil stew



1 tbsp olive oil
1 large white onion, chopped
250g celery, chopped
3 medium-sized carrots, chopped
3 garlic cloves, chopped
1kg beef, cubed
1 litre vegetable stock (made with one organic stock cube)
2 bay leaves
1/2 tsp cayenne pepper
1 tbsp mixed herbs
sea salt, to taste
ground black pepper, to taste
400g tomatoes (canned or diced)
150g green lentils (uncooked), rinsed

SERVES 8

Heat the oil in a large saucepan over a medium heat. Add the onion, carrots and celery and sauté for 5 minutes, stirring occasionally until soft and translucent.

Add the garlic and fry for one minute, stirring occasionally.

Add the beef and fry for 8 minutes, stirring occasionally to ensure all sides are browned.

Add the stock, bay leaves, herbs and spices, tomatoes and lentils.

Bring to the boil then reduce the heat to simmer. Cover and cook for one hour. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with a mixed salad or steamed vegetables of your choice



PER SERVING:
279 Calories
15g Carbs
30g Protein
11g Fat



Chicken & vegetable pizza



9g instant yeast

1 tsp honey

420g all purpose flour (use gluten free if preferred)

21/2 tsps xanthan gum

1/2 tsp sea salt

70ml olive oil

250ml cold water

1 tbsp olive oil

100g cooked chicken breast, diced

1 tbsp tomato purée

60g mozzarella cheese, grated

1 bell pepper (any colour), chopped

100g button mushrooms, chopped

2 tsps dried mixed herbs

1/2 tsp ground black pepper

1/2 tsp sea salt

50g pitted olives (any colour), sliced

SERVES 4

In a small bowl mix together the yeast and honey. In a separate large bowl mix the flour, xanthan gum and salt. Make a well in the centre. Pour 70ml olive oil, cold water and yeast mixture into the well. Mix well and knead for 5 minutes.

Lightly grease the base of a baking tin. Transfer the dough into the tin. Cover with cling film and place a tea towel on top. Allow to sit for 1 hour in a warm environment. Refrigerate the dough for 20 minutes.

Preheat oven to 200°C/400°F. Lightly flour a clean surface and roll out the dough into a large circle, moving the dough occasionally so that it doesn't stick to the surface. Using your fingertips press in the dough, 1 inch from the edge to create a crust. Brush lightly with olive oil.

Place a frying pan over a medium heat and add 1 tbsp olive oil. Add the diced chicken breast, toss and cook for 2 minutes.

Bake the pizza dough for 3 minutes. Spread the tomato purée over the base. Add the remaining toppings. Bake for 5-10 minutes, or until browned. Cut into 4 pieces.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
480 Calories
78g Carbs
24g Protein
8g Fat

